

Lakeland's Association Youth Basketball League Rules

(6U & 8U Leagues are Co-Ed – 10U & 12U are Girls only or Boys only)

1. South Carolina High School Rules will govern play with the following exceptions.
2. Time: 6U & 8U Leagues only - will play four (4) eight minute quarters with continuous clock (clock will be stopped for free throws).
10U & 12U Leagues will play four (4) six minute regulation quarters.

There will be a one-minute break after the first and third quarters and a five minute break at the end of the first half. Each team will be allowed three full time-outs (1 min) and 2 thirty second time outs per game. Each team will also get a time-out for each overtime period. You can carry time-outs from game into overtime.

Overtime - If the score is tied at the end of regulation time, there will be a one-minute break followed by a two-minute overtime period until the score is not tied. No overtime will be played in the 6U and 8U Divisions - their games may end in a tie. A jump ball will be used to start each overtime period.

3. Participation: Each player who attends the game must play the equivalent of one quarter with the exception of the 6U & 8U Leagues who must play the equivalent of two quarters as these are learning leagues.
Free Substitutions in all leagues except 6U who will sub on the quarters.

**** Please Note **** No member of any Interscholastic team may participate in the same sport in the recreation program of the current season if the player dressed out for a game after January 1 of the current year. (2016)

4. Scoring: Field Goal - 2 points
Foul Shot - 1 point
3 - point goals in 10U & 12U Divisions only.
5. A team must have five (5) players to start the game with the exception of 6U who may have four (4).
6. Playing Rules: 6U & 8U- 3 seconds in lane will not be called. Walking and double dribble will be called in 8U League but will not be called in the 6U League. We strongly encourage Coaches in the 6U age group to stress the importance of these skills and fully expect to see improvement as the season progresses in order to prepare the kids for the 8U League.
7. 6U & 8U Divisions - Defense cannot guard in back court. If a player stops and holds the ball, the other team must retreat past the 3 point line. 6U League ONLY – Defense must play inside paint. 8U League ONLY – last 2 minutes of 2nd and 4th quarter (as long as team is not leading by 10 or more points) players may move out to half court line to play defense.
8. 10U Division - no backcourt press is permitted after player obtains possession of the ball until the 4th quarter.
9. 10U & 12U Divisions – No back court press is permitted by a team leading by ten (10) or more points.
10. Only two (2) Coaches are allowed in team area. As per HS rules - Only Head Coach may stand – Coach's Box will be strictly enforced. If the bench gets a technical the Coach sits down the remainder of the game.

6U & 8U Division only - Head Coach only allowed to "walk" the sidelines for coaching purposes. Coach's box will not be enforced unless it becomes necessary to keep the Coaches separate.

11. 6U Division will play eight (8) foot goals
8U Division will play nine (9) foot goals.
10U Divisions will play ten (10) foot goals.
12U Divisions will play ten (10) foot regulation goals.

12. Basketball Size: 6U – Colt – 25.5
8U – Junior – 27.5
10U & 12U Girls - 28.5
12U Boys – Regulation Size
13. *6U & 8U Division* - Foul shots will be shot from front of jump circle.
14. In all age groups, any time a twenty-point lead is obtained, the team in the lead will be directed to play a zone defense within the three-point boundary. In case of no three-point lines, boundaries will be determined by the officials. If the lead becomes less than twenty points, normal play will resume.
15. In the case of same color jerseys, home team goes to white.
16. No earrings, bracelets, necklaces etc..., with the exception of Medical alert, may be worn by any player.

Palmetto Association Play-offs

- To be eligible to participate in a Palmetto Association Event: a player must participate in at least six (6) games or 40% of regular season games (whichever is less).**
- Each 10U & 12U regular season team will participate in the Palmetto State Play-off.
- Coaches will receive play-off schedules prior to the conclusion of the regular season.

(revised 12/12/2016)